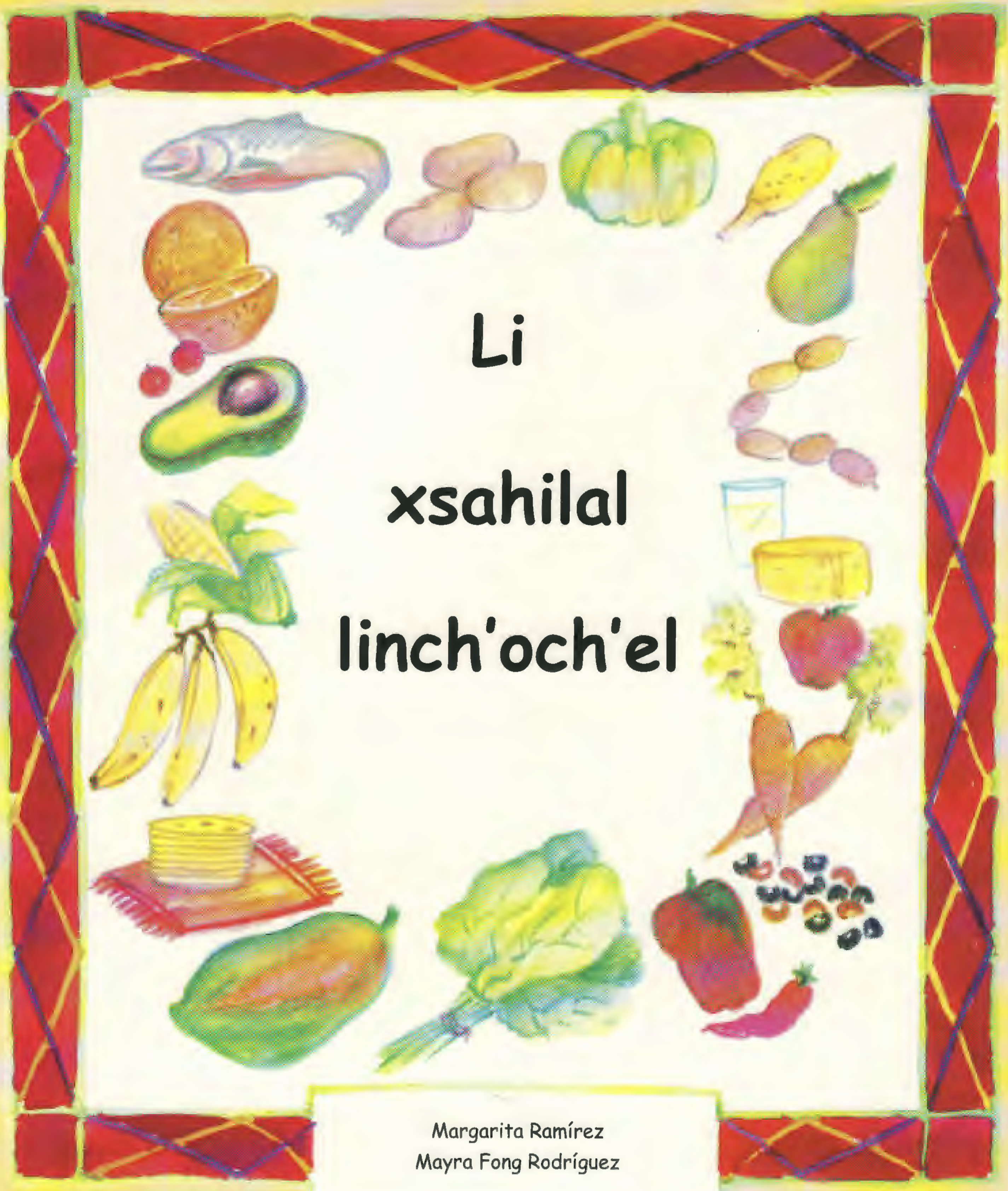
Li xsahilal linch'och'el



Margarita Ramírez
Mayra Fong Rodríguez

Li xsahilal linch'och'el

Colección:	Materiales Educativos, No. 157
Serie:	Q'eqchi', No. 33
Área:	Ciencias Naturales, No. 11
Directora de la colección:	Lucía Verdugo de Lima
Editora:	Ana María Palma Ch.
Autora:	Margarita Ramírez
Ilustradora:	Mayra Fong Rodríguez
Traductor:	Carlos Cu Cab

© 2004. Instituto de Lingüística y Educación, Universidad Rafael Landívar, Guatemala.

Licda. Guillermina Herrera Peña
Rectora
Ing. Jaime Carrera
Vicerrector General
P. Rolando Alvarado, S.J.
Vicerrector Académico
Arq. Carlos Haeussler
Vicerrector Administrativo
P. Carlos Cabarrús, S.J.
Director de la Dirección de Integración Universitaria
Lic. Luis Estuardo Quan Mack
Secretario General

Xxaqab'ankil

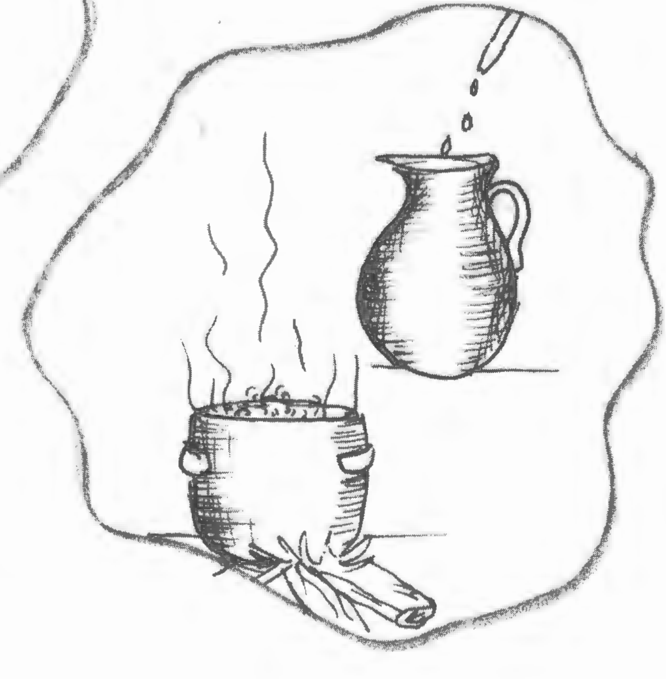
Li tasal hu a'in naxjunaji ru li yeeb'il rik'in li nab'aanuuk. Li kok'al naru nake'xtzol chi rix li xsiyajikeb' li tzakahemq, ut jo'kan aj wi' naru nake'xsahila li xk'uub'ankil li tzakahemq li tyiib'aamanq.

Li taa'iloq sa' li hu a'in tixtaw chan ru li xb'aanunkil li tzakahemq reheb' laj maay ut reheb' laj kaxlan winq. Chi kama'in naqataw xwaklesinkil xch'ooleb' li komon re naq ta'xnaw chan naq xe'k'uub'an chaq li qana' li qixa'an.

Naqoyb'eeni naq chi hulaq ta cheeru.

Li tzakahemq nakoxtenq'a re naq twanq li qametz'ew, re naq took'a'auxlaq, took'anjelaq ut re naq chaab'il toowanq. Jo'kan naq tento tootzakanq chi us. Tento naq jalanq jalanq ru li qatzakahemq tqaket re naq sahaq li qatib'el ut chi kama'in ink'a' tooyajerq, chi moko lub'luuqo.

Tento aj wi' naq nab'al li ha tquk'. Li ha' na'el sa' li qatib'el naq nakootiqob'ak ut naq nakoochu'uk. Jo'kan naq tento tquk' 4 malaj 8 sek' li ha'. Re naq ink'a' toxket li mitz' aj xul tentro naq tquk' li chaab'il ha'. Ut re a'in tento naq:



- chi ru o'laju k'asal xwoqsinkil li ha',
- xk'eeb'al oxib' tz'uq li kloor sa' jun kalon chi ha' ut chi rix a'in royb'eeninkil 20 k'asal chi rix chik a'in ak naru chik ruk'b'al.

Tento naq taqakol qib' chi ru li atz'am ut li xk'aj kab'. Ink'a' us naq numtaaq tqaket.

Li xk'aj kab' naxjot' li ruuch qe. Jo'kan naq tento ink'a' tqaket chi nab'al li kok' kab', li toq', li chokolaat ut li ha' nawan sa' meet malaj sa' b'oot. Li k'a' re ru a'in nanujtasin ab'an ink'a' nakawresin. Wi jun sut naqaket li kok' kab' malaj li toq' tento naq tqach'aj sa' li qe sa' jumpaat.

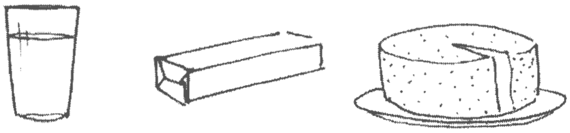
Chaab'il yooqo chi tzakank naq yooqo chi xketb'al b'ayaq li:

- li ixim, li aros, li seb'aaq, li triiw,

- li kenq, li arb'eej, li aab',

- li ru che' ut li xxe' che',

- li k'a' ru ak k'uub'anb'il jo' li leech, li kees, li matekiiy,



- li k'a' ru nachal sa' li xtib'el li xul, li molb', li kar, li tib'.

Kiib' oxib' li na'leb' chi li tzakank:

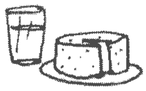
1. Tento naq nab'al paay ru li tzakahemq tqaket re naq nab'alaq ru li xsahilal.

2. Tento naq na'b'al li ki'il q'een ut xxe' che' tqaket.

3. Tento naq tqaket li kar, li tap kiib' sut chi ru li jun xamaan.

4. Tiwb'al li tib' ka'sut chi ru li xamaan.

5. Naru naqaket oxib' malaj kaahib' sut li molb' chi ru xamaan.



6. Tento naq tquk' li leech, tqaket li kees, li rekeson ut chi xjunil li k'a' re ru us cho'q re li qakawub'.

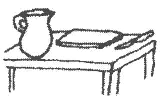
7. Tqasahila li xxe' awimq ut li sahil q'een, naq nawan li xq'ehil xb'aan naq kub'enaq ut saasa xlowb'al.

8. Tento naq tqasahila li ru li awimq chi joranb'il jo' li maniiy, chi ke'b'il re naq sa' ruk'b'al.

9. Re naq jalanq jalanq li xsahil li qatzakahemq naru naqoksi li lawrel, li ixk'i'ij, li kulantr, li samat.

10. Ink'a' naru nasach sa' li qach'ool naq chaab'il tqatikib' li kutan wi sa' nakoowa'ak eq'la.

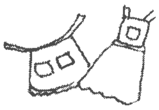
Anaqwan tqanaw jarub'aq li tzakahemq ut chan ru li xk'uub'ankil. Tetno naq twanq junaq qochb'en naq yooqo chi xk'uub'ankil li tzakahemq re naq maak'a chi qak'ul. Sa' xtiklajik li k'uub'ank tento naq tqak'e chi qu li naleb' a'in:



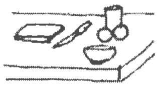
1. Tento naq li tzakahemq tqak'uub' sa' junaq li na'ajej saqaq ru ut b'ar wi' maak'a'aq li ketomq.

2. Tento naq tqakut chi najt li qamul, natj chi re li kab'l. naru naq twanq junaq li b'oot sa' li qochoch re xna'aj li qamul. Li b'oot a'in tento naq tz'aptz'ooq li re, re naq ink'a' taa'oq li suq, li paachach malaj li ch'o chi sa'.

3. Naq toj maaji' nakook'uub'an tento naq tqach'aj li quq'm rik'in ha' ut xab'on malaj cha.



4. Re naq ink'a' ttz'ajno'q li qaq tento naq tqak'e junaq xkolb'al ru li qaq, junaq kab'aach ut junaq li xchaqihob'resib'aal uq'm.

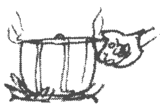


5. Naq toj maji' nakoo'ok chi k'uub'ank tento naq twanq chi ru li qameex li k'a' re ru tqoksi ut li reetalil chan ru naq tqak'uub'.

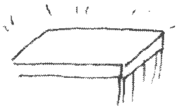
6. Li k'i'il q'een, li xxe' pim ok qe chi roksinkil tento naq tqach'aj ru rik'in chaab'il ha' ut xnumsinkil rik'in humal malaj poq.

7. Tqoksi junaq li tz'alamche' ut junaq chaab'il ch'iich' re naq sa' tqamuri li k'a' re ru.

8. Naq yooqo chi k'uub'ank tento naq li xxik li uk'al twanq chi rix li xaml ut tento rilb'al naq ink'a' chi t'ane'q. Chi jultiko'q qe naq li tiqwal ha' ut li tiqwal tzakahemq jwal ra naxk'at.



9. Chi qoksihaq junaq li t'ikr re xchapb'al li tiqwal uk'al malaj junaq li tiqwal sek'. Jo'kan aj wi' chi qakolaq qib' sa' risinkil li xtzapb'al re li uk'al malaj rik'in li xb'ook, xb'aan naq nak'atok.

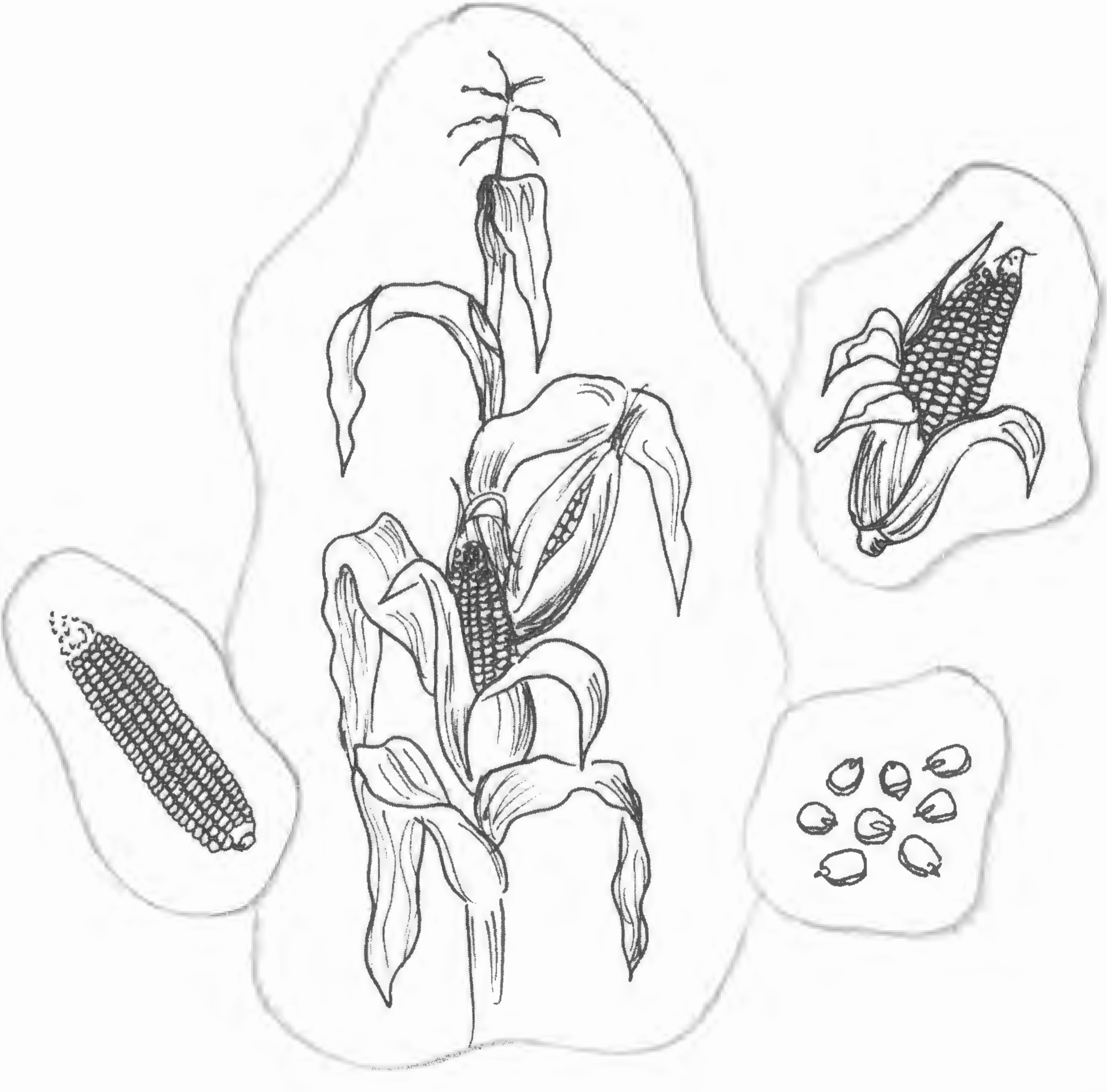


10. Naq ak xooraqe' chi chiqok tento naq tqachup chi us li xaml. Chi rix a'in tento naq tqasaab'esi chi us li qana'aj ut naq tqaxok chi us li qamul.

Li ixim a'an tz'aqal li xnimal xloq'al xwaheb' laj maay. Nake'xye chaq li cheekel winq naq aran paxil kitawman. Li ixim jwal oxloq'.

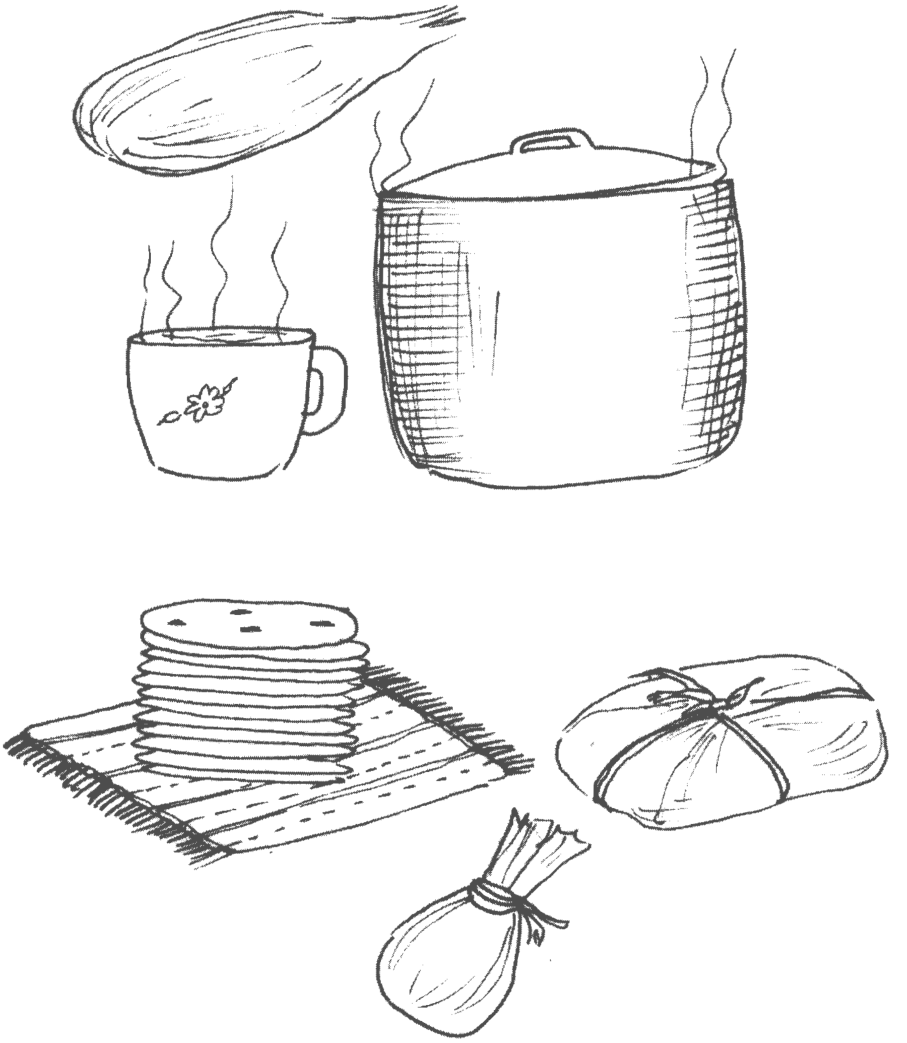
Nab'al paay ru li ixim, wan li kaq, li q'eq, li q'an ut li saq. Wan nawan sa' li tiqwal ch'och' ut wan aj wi nawan sa' li kehil ch'och'. Wan na'el ch ru li taq'a ut wan na'el chi ru li tzuul. Rik'in li ixim naru nayiib'aman nab'al paay li tzakahemq.

Rik'in li ixim naqayiib' nab'al paay ru li wa ut li uk'a'.



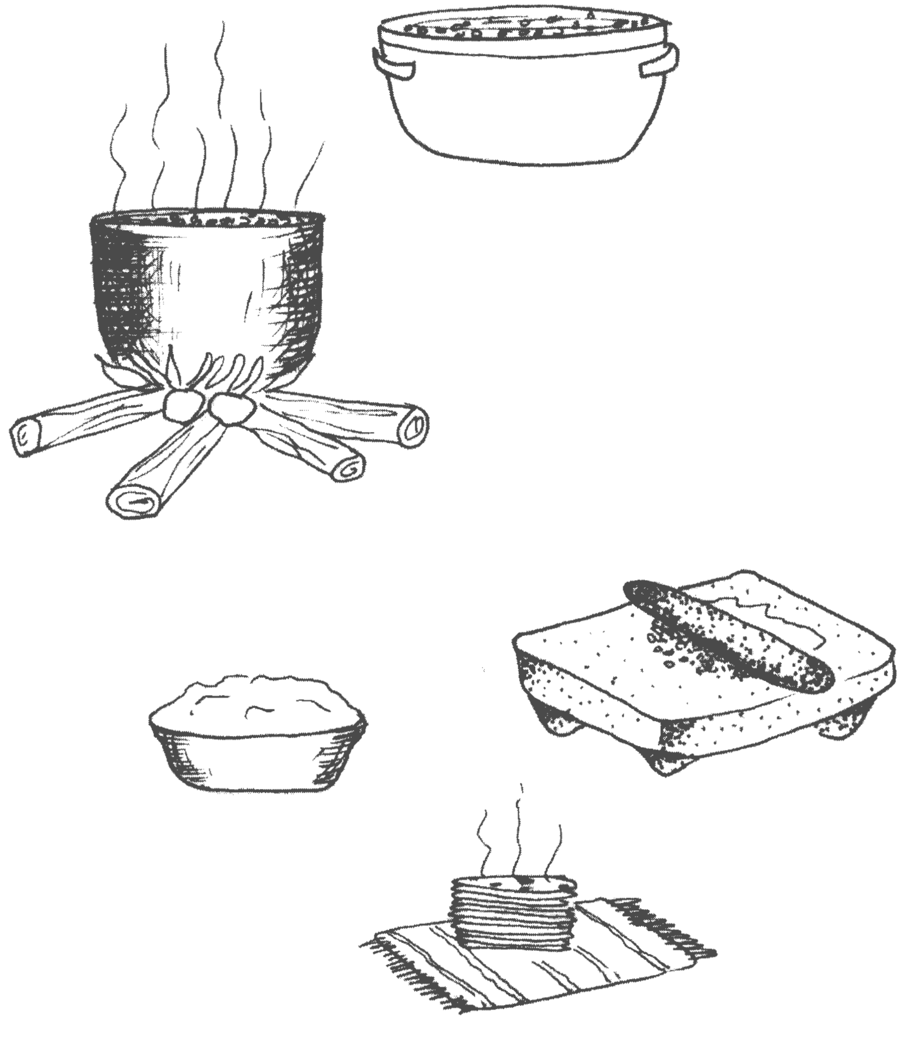
Naq k'ek'ulun li kaxlan winq sa' li qach'och'el ke'xk'e reetal naq rik'in li ixim naru nawan nab'al paay ru li tzakahemq chi ru li xk'iijik. Li qamama' qixa'an ke'xk'uub' chaq:

- naq al li al nake'xyiib' li iswa,
- naq ak x'alo chik b'ayaq nake'xyiib' li uq'un, ut,
- naq ak cheek chik li hal nake'xyiib' li poch, li wa ut li k'aj.



Li b'uchink a'an jun li k'anjel na'uxman re naq naru xyiib'ankil li tzakahemq rik'in li ixim. Li b'uch nayiib'aman rikil li ixim ut nachiqman ut nak'eeman b'ayaq li xchunil malaj li cha. Chi kama'in nasolen li rix li ixim. Sa' li jun chik kutan nachajman ru ut nak'aman chi ru ka' malaj sa' li moliin. Rik'in li xq'emal nayiib'aman li wa, li poch, li ob'en.

Li ixim naq nak'eeman li xchunil natenq'an re naq tk'e li qametz'ew. Wan na'ajej b'ar wi ink'a nak'eeman li xchunil li b'uch ut naq ink'a' najunajiman rik'in li keng nayoob' chaq junaq yajel (pellagra) nake'xye re.



Li mux

Na'ajman:
15 li k'ux
10 sek li saqil ru ha'
3 jichil li kaneel
Kuchaar li atz'am
Xk'aj kab' wi na'ajman

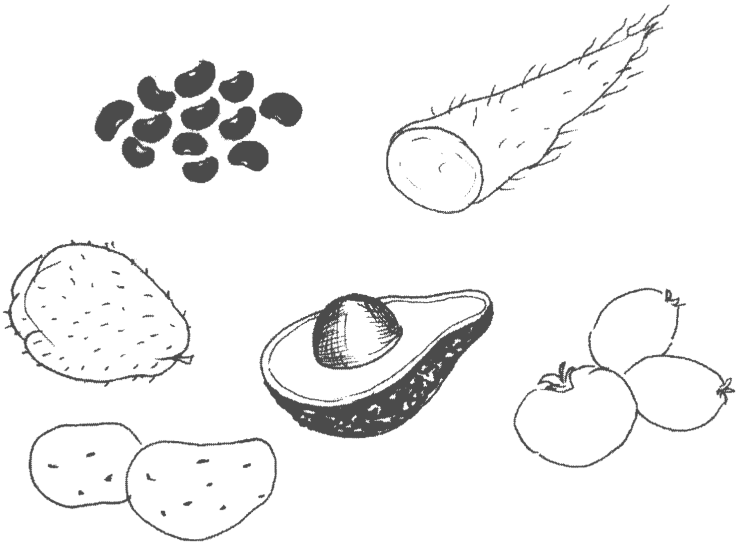
1. Tqamich rin oxib' li k'ux ut tqak'e sa' li ha' re naq tchaq'aq.
2. Tqixima li kab'laju chi k'ux ut chi rix a'in tqake' chi ru li ka'. Li qe'm tento naq q'un ru tkanaaq.
3. Tqatz'il ru li q'em ut tqisi li xsolil.
4. Tqak'e li chi sa' li xaml chi lajeeb' k'asal. Naq ok re chi woqxink tqak'e li kaneel ut li atz'am. Tento naq yooqo chi reek'ansinkil naq yooq chi woqxink re naq ink'a letz rib' chi ru li uk'al.
5. Tqixima li k'ux ak xchaq'ak ut tqak'e chi sa' li aq'un ak xchaq'ak chik.

Li ob'en

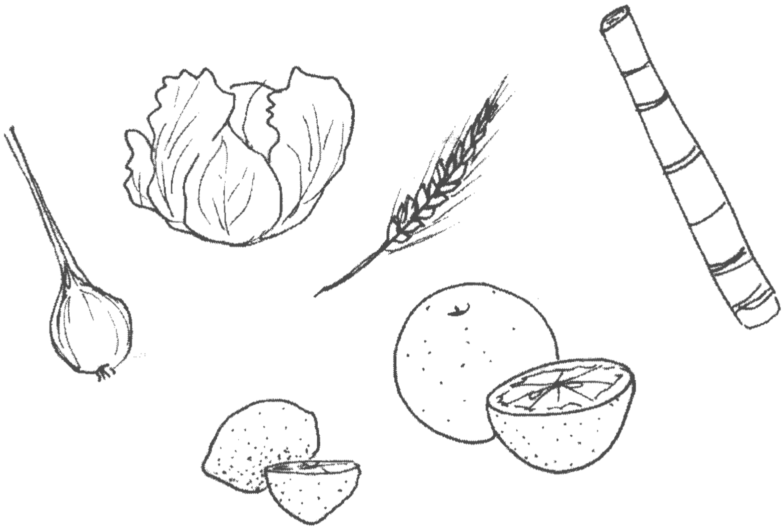
Na'ajman:
3 liwwr li saqi ixim
1 meet li aseyyt malaj 1 liiwr li manteek
3 liiwr li xtib'el li kaxlan, li ak'ach malaj li aaq
Na'ajman li moxl ut li xxaq tul
Kot say re xb'ak'b'al li ob'en
2 liiwr li ke'b'il aros
4 liiwr li pix
Liiwr li kok' rax pix
6 ons li pepitoor
6 ons li ajonjoli
2 ons li xayaw
2 li ik waake nake'xye re
3 oxib' li ik paas nak'exye re
2 li ik pimyent nake'xye re
atz'am jo' k'ihal na'ajman

1. Nacha'aj ru li aros ut tqatz'a chi ru jun q'oqyink.
2. Tqaseti li xxaq tul ut chi rix a'in tqatiwasi ru rilk'in li say sa' junaq uk'al re naq te'xk'ul jun woqxink.
3. Tqachaj ru li q'een chi timil re naq ink'a' tixpeji rib'.
4. Tqajisi li say re naq sa taab'ak'oq ut ink'a' tt'upe'q.
5. Tqab'uchi li ixim.
6. Tqisi li aros ut tqayu ru rik'in li b'uch. Tqake' chi xjunil.
7. Tqayiib' li yu rik'in li q'em ut too'oq chi xjuyinkil rik'in junaq li juyleb'. Tqak'e li xmanteekil ut li ratz'amil toj reetal naq tyaalo'q. naq tqak'e b'ayaq sa' kehil ha' wi naxt'oroxi rib' naraj naxye naq us chik.
8. Tqaseti li tib' chi 50 kok' t'orol ut tch'ajmanq ru.
9. Tqisi chi xjunil li xnaq' li ik. Tqachaj ru li ik ut li k'ila pix ut tqawoqxi chi ru 10 k'asal.
10. Tqajori ru li ajonjoli ut li pepitoor ut chi rix a'in tqajunaji ru rik'in li pix.
11. Tqake' li pix, li kok' rax pix, li xayaw ut tqayu rik'in li xyuhil li pepitoor.
12. Tqake' chi chaq'ak chi xjunil li yu rik'in li tib'.
13. Tqaseti ru li ik pimyent xk'ab'a'.
14. Tqayiib' li xxaq q'een ut sa' xyi tqak'e li yu ak yiib'anb'il, tqak'e li tib' sa' xyi, tqak'e li retell li ik. Tqalaq'ab' ru'uj li q'een ut tqab'asi. Rik'in li say tqab'ak ut chi kama'in yooqo chi xb'aanunkil rik'in li xkomon.
15. Tqasik' junaq li nimla uk'al ut aran tqak'e li xxaq tul chi rub'el. Tqatus li ob'en chi sa' li uk'al ut tqak'e reetal naq li sa tawakliiq chaq li xwoqx li ha'. Tqak'e li xya'al ut chi rix tqatz'ap li re rik'in q'een malaj xxaq tul. Tqachiq chi ru li wan xkab' hoor ut junwlik yooqo chi rilb'al naq twanq li xya'al.

Wan jalanil tzakahemq ke'xkanab' chaq li qaxe'toonil jo' li kenq, li k'um, li tz'in, li is, li c'ima, li o, li pix. Li papas ut li maniiy a'an jun li awimq reheb' laj kechwa ut a'aneb' qakomoneb' aj wi'.



Eb' laj kaxlan winq ke'xk'am chaq li ab'een, li utz'ajl, li seb'ooy, li lamunx, li chiin.



Li qaxe' qatoon jo' aj wi' laa'o naqaw chi laq'lo li kenq, li kum rochb'een li ixim, xb'aan naq chi kama'an naxtenq'a rib'. Li xxaq li waj naxk'e xmu li kenq ut li k'um. Li kenq naxchap rib' rik'in li wanj re naq sa' nak'i. Li xxaq li kenq nak'anjelak re naq ink'a' namoq chaq li pim ut naxkeeresi ru li ch'och'. Li kenq natenq'an aj wi re naq li sa' nak'I li k'um ut li ixim.

Li kenq nachiqman rik'in ha' ut naru nak'eeman rik'il. Li kenq naru nasaso' ru ri'kin q'em malaj junaq chik xsahob', naru aj wi' naqake' li risk'i'ij pur malaj li chipilin chi sa'.

Eb' li kaxlan winq ink'a' nake'xnaw chaq ru li kenq, k'a'aj wi' li aab', li karb'ans ut li lenteej nake'xye re.

Li ik'oy, li k'um ut li q'ooq' najachiman chi retel ut nachiqman rik'in kab'. Nalowman re li kolb'a ch'ool malaj sa' junaq li nimq'e jo' li xq'e sant.

Li ik'oy naru naketman chi alil, chi cheekil malaj sa' kalt.

Jok'an aj wi' nasahilam li xnaq' li kum, nachinaman, najoraman ut nake'man. Naq nake'man nak'eeman b'ayaq li xyaayawil, ratz'amil ut xha'il ut nakana jo tib'el wa.

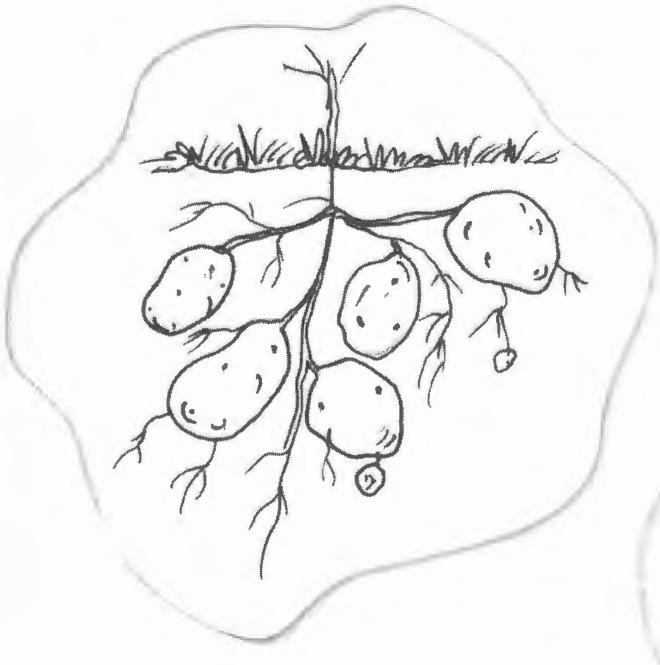
Xkaltil li ik'oy

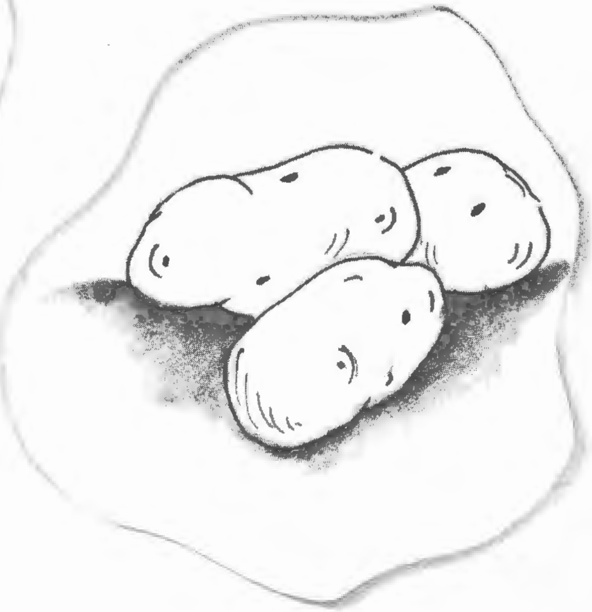
Na'ajman:
1 nimla ik'oy
2 li sanahoor
2 li kok' ik'oy
2 li papas
1 li seb'ooy
2 sek' li xyaal li xxe' pim malaj xkaltil li kaxlan
Xxaq li perejil
Perejil
Atz'am

1. Najachman li ik'oy chi retel, na'isiman li rix ut nak'eeman chi kok' retel.
2. Nasetman li papas, li sanahoor ut li kok' ik'oy chi kok' kok' ru.
3. Nasetiman chi us li seb'ooy ut nak'iliman.
4. Nak'eeman li papas, li sanahoor ut li kalt. Nakana chi woqxink chi timil timil chi ru 15 k'asal toj reetal naq nachaq'ak li sanahoor.
5. Tqakut li kok' ik'oy chi sa' ut tqakanab' chik chi woqxink 5 k'asal.
6. Tqak'e li ratz'amil ut li perejil.

Li paaps moko re arin ta reb'an jalanil tenamit. Nak'i rub'el li ch'och'. Eb' laj kechwa xe'k'iirisin chaq re ut aran nab'al paay ru wan. Li nake'xb'aanu re xkolb'al rix a'an naq nake'xkanab' chi ru ke jo' wulajaq nake'xaqli sa' xb'een re naq na'el li xya'al ut chi rix a'in nake'xchina. Jo'kan nanume' 4 malaj 5 kutan toj reetal nachaqik. Naq nachaqik nake'xye re "chunyo" ut chi kama'in naxkuy nab'al chi hab', naq nakeraj roksinkil yal nake'xk'eaj chik li xya'al.

Eb' li kaxlan winq ke'xuwak xb'aan naq ke'xk'a'uxla naq naru naxjot' li ch'och' ut naru naxyoob' li yajel. Toj timil chik ke'xk'e reetal naq li paaps jwal sa rawb'al ut naq a'an jun chaab'il tzakahemq.





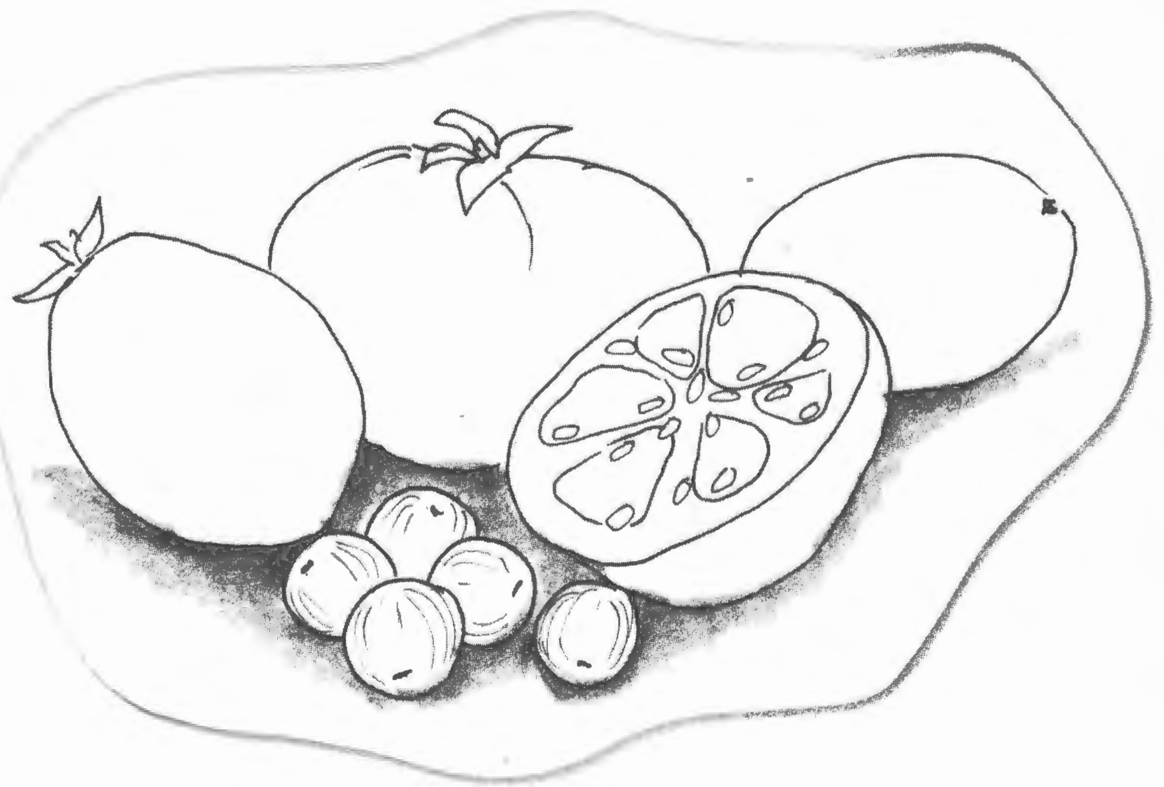
Kok' perel papas

Na'ajman:
1 liiwr li papas
Liiwr li pix
2 molb'
1 ch'ina seb'ooy
1 ru anx
Aseyt
Xk'aj kaxlan wa
Atz'am

1. Nachiqman li paaps sa' junaq li uk'al nak'eeman li ha' ut li atz'am. Re naq twanq xchaab'ilal us naq nachiq'man rechikik li rix.
2. Nasetiman li pix, li seb'ooy ut li anx.
3. Nake'man li paaps.
4. Nak'eeman xpixul, xsebooyil ut xk'aj kaxlanwahil li xq'emal li paaps.
5. Nab'ukman li molb'.
6. Rik'in li xq'emal li paaps nat'orob'aman ut nayuuliman sa' li molb'.
7. Nak'iiliman li paaps sa' li aseyt ut na'isiman naq ak xk'ili chik rib'.

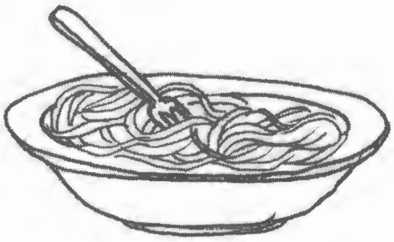
Li miltomaat a'an jun paay li pix nachal chaq aran Mexico. Ab'an li awimq a'in kichal aran "Sudamérica" nake'xye re. Li aatin tomatl a'an jun li aatin nahuatl a'an raatinob'aaleb' laj azteca. Eb' li xb'een kaxlan winq ke'k'ulun arin ke'xk'am chaq ut anaqwan nak'uub'man chik jo' xya'al pix, wan naq nak'eeman ik chi sa'.

Aran Euroop sa' li xtenamiteb' aj Itaal li pix junpaat kixtaw xna'aj sa' li xk'uub'ankil li tzakahemq ut aran ke'ok chi roksinkil jo' xya'al li pix re xk'eeb'al xsahob' li xtib'eleb' xwa jo' li espagueti ut li pizza ut wan chik xkomon.



Li pireey sa' pix

Na'ajman:
Liiwr li pireey
1 li seb'ooy
6 b'aas li ha'
2 ru li anx
2 ons li mantekiiy malaj li aseyt
2 xxaq li lawrel
1 xxaq li tomiiy
1 kuchaar li aseyt
1 liiwr li pix
3 xxaq li perejil
2 li ik pimyent xk'ab'a'
Pens
Atz'am



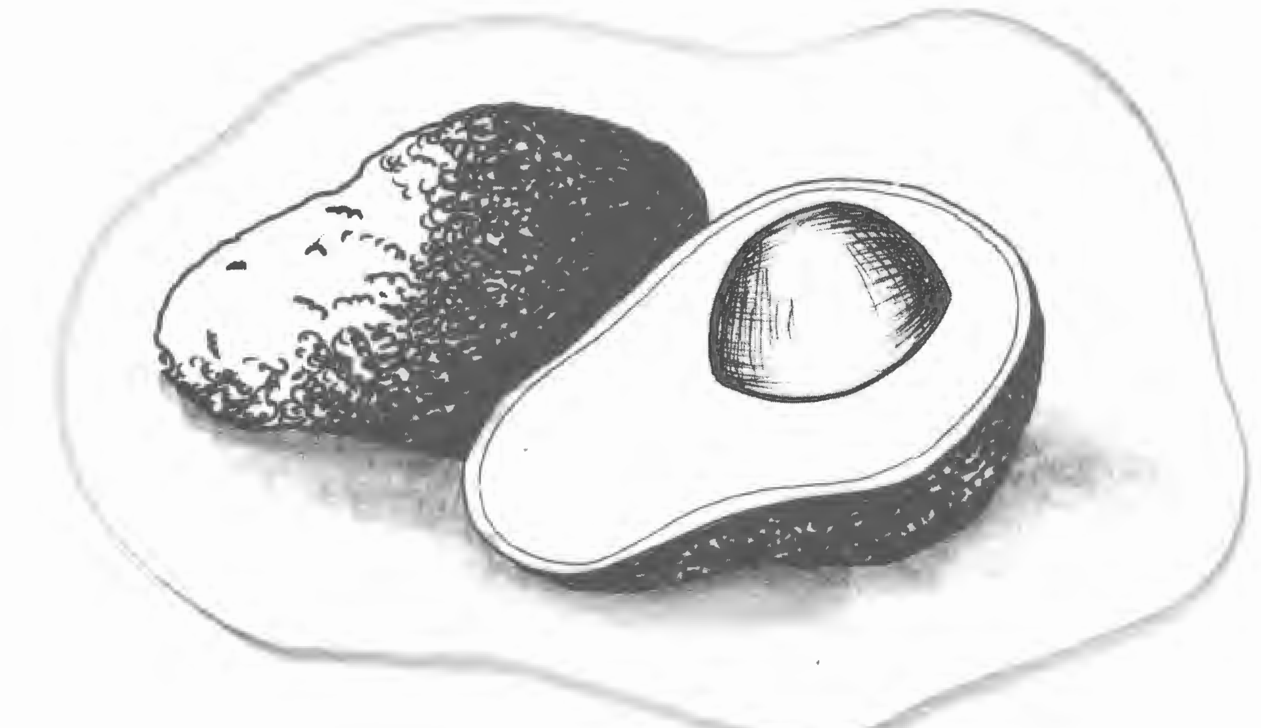
1. Taatiqwasi li ha' rik'in atz'am, lawrel, li tomiiy ut jun kuchaar li aseyt.
2. Naq yooq chi woqxinq li ha' tqakut li pireey chi sa'. Naq ak xchaq'ak chik tqisi ut tqatz'il ru.
3. Tqake' li pix, li ik ut li anx.
4. Tqak'ili li seb'ooy sa' li mantekiiy toj reetal taasaqo'q ru. Tqak'e li xyu ak xqayiib' ut taawoqxink chi ru 5 k'asal. Chi rix a'in tqak'e li pireey, tqeek'asi chi us toj reetal naq tchaq'aq.

Arin Ameerk wan nab'al paay ru li ik. Wan jalanq jalanq xb'onol, li xnimqal, li xrahil ut chan ru nake'ilok. Eb' laj kaxlan winq ke'xk'e reetal naq laj ralch'och' ink'a' naru nake'tzekan wi maak'a' li ik ut chi kama'in keroksi jo' ruuchil li pens sa' li xtzakahemq.

Li ke'b'il ik na'oksiman aj wi' jo' re xb'anol li awimq, cho'q re xyoolesinkil laj kaqal ut xik' nake'ilok. Li nab'aanuman a'an li xk'atb'al li ik ut li xb'ook natichok re li kaqal.

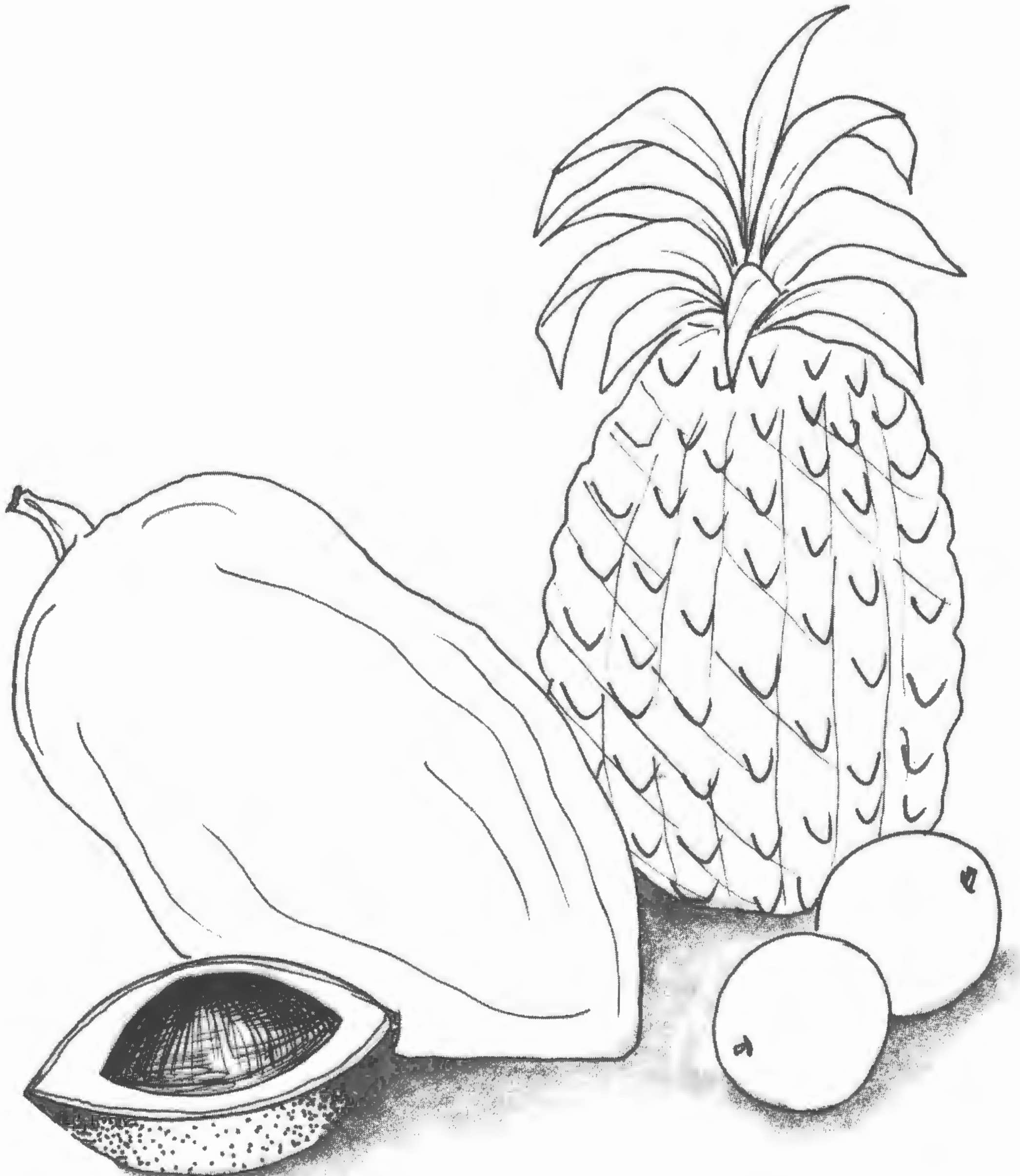
Li o a'an jun ru li awimq ak re wi li qach'ochel (Mexico- Centro America). Eb' laj kaxlan winq wan nake'xtzaka rik'in atz'am malaj rik'in k'aj k'ab'. Aawe' a'an jun li ru che' ink'a' nawb'il ru xb'aaneb'. Jun aj q'an is kixye naq naketman rik'in xya'al lamunx ut chi rix a'an nake'xk'e xk'aj kab'il ut anke'xket rochb'een li tul.

Li juyb'il o a'an jun li tib'el wa jwal nawb'il ru chi us. Li aatin "guacamol" nahcal sa' li aatinob'aal reheb' laj Asteek "ahuaka mulli" li naraj xyeeb'al li juyb'il o. Nake'xpuq'i li o rik'in b'ayaq li seb'ooy, li ik ut li kulantr, chi rix a'in nake'xyuli chi ru li xwa.



Sa' li qateepalil na'el nab'al li awimq ut nake'sach xch'ool laj chi najt xb'aan li xsahil ut li rilb'al. Nab'al paay ru li tzakahemq ut li uk'a' naru xb'aanunkil rik'ineb'.

Li jwal nawb'ileb' ru a'aneb': li tz'umuy, li karaniix, li muy, li pata, li ch'op, li saltul, ut wan chik xkomon.

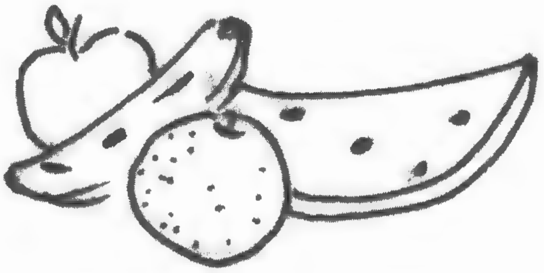


Chaq'al mansaan

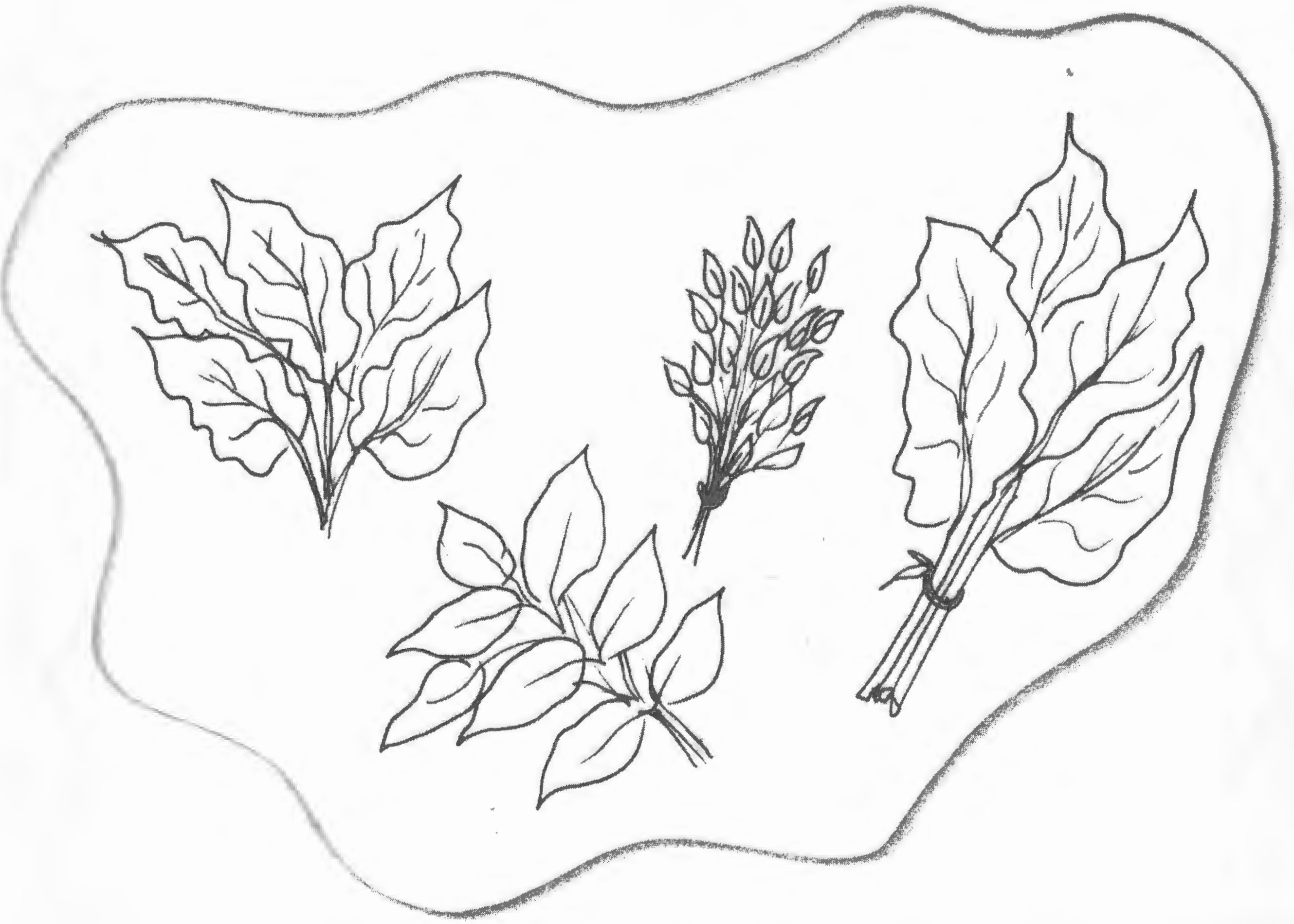
Na'ajman:

Mansaan (jun reheb' li junjunq chi poyanam)

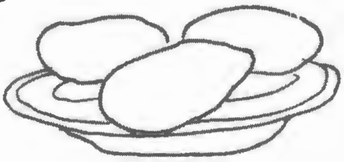
1. Xyiib'ankil chi chaab'il li ru xaml.
2. Tqak'e li mansaan chi re li xaml malaj sa' xb'een xaml.
3. Tento reek'asinkil li mansaan re naq tjoranq chi us.
4. Tqamich' rix li mansaan ut tqatikib' xlowb'al.



Chalen chaq junxil q'e kutan naketman nab'al paay li ichaj jo li maak'uy, a'in nak'anjelak re xkawresinkil li qakik'el, xb'aan naq a'an li rusilal. Wan aj wi' li awimq li nasahilaman chi junil jo' li xxaq ch'ima, li ch'ima, li xxe' ch'ima, chi xjunil a'in nasahilaman. Jo'kan aj wi' naketman li ru li kuuk'iil, ut li ratz'um li k'um.



Li b'oxb'ol nayeeman re



Na'ajman:

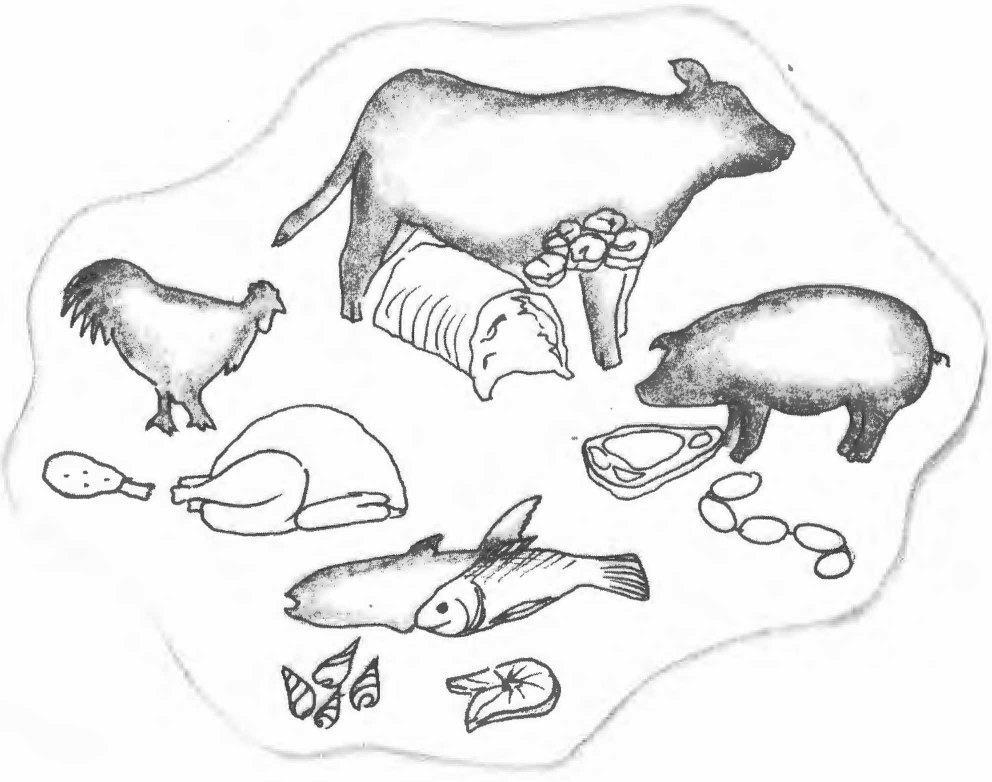
2 liiwr li q'em
1 liiwr li pix
4 ons li kok' rax pix
Liiwr li xnaq' kum, li ik'oy ut li q'ooq'
Nab'al li xxaq ch'ima
Ik ut atz'am jo'k'ihal na'ajman

1. Tqach'aj ut tqak'ili li xnaq k'um, chi rix a'in tqake' toj reetal naq tkanaaq chi q'un q'un ru.
2. Tqak'e b'ayaq li tiqwal ha' chi ru re naq taasaso'q ru.
3. Tqasaab'esi ru li xxaq ch'ima.
4. Tqanumsi li q'em chi ru li ka'.
5. Tqak'e junq t'orol li q'em chi ru li q'een ut tqab'oti.
6. Tqak'e li b'oxb'ol sa' junaq li uk'al ut tqak'e chi woqxink chi ru 20 k'asal.
7. Tqach'aj ru li pix, li kok' rax pix ut li ik ut tqak'e chi woqxink chi ru 10 k'asal.
8. Tqak'e chi xjunil li pix, li kok' rax pix ut li ikut tqak'e b'ayaq li ratz'amil. Chi xjunil li xb'anol a'in tqak'e sa' xb'een li b'oxb'ol naq yooq chi woqxink.
9. Naketman li kok' b'oxb'ol ut naqak'e li sakil sa' xb'een.

Li qaxe'qatoon nake'karab' ut nake'yohob'. Li wankeb' sa' xteepaleb' aj Yukatan nake'karab' ut nake'xsik' li tap ut li kok. Li qaxe' qatoon nake''yohob'k kej, k'iche' aaq, max, tz'i' ha' ut li k'ila xul re li k'iche', wan ak k'aynaqeb' chik chi wank re kab'l, jo' li ak'ach ut eb' laj kaxlan winq ke'xye re naq a'aneb' li xkaxlaneb' li ch'och'. Li kaxlan ke'xk'am chaq laj chi najt kiyeeman re kaxlan re kastiiy. Ab'anan wankeb' aj wi' li ketomq b'ar wi natawman li tib' re tzakahemq jo' li aaq, li wakax li kik'ame' chaq xb'aaneb' li kaxlan winq.

Li iwaan aj wi' ke'chapliik xb'aan li molb' ut li xtib'el. Eb' la kaxlan winq keril naq yib' ru li xul a'in ab'an moqon chik ke'xk'e reetal naq li xtib'el chan chan re li imul. Chi ru chik a'in li Paap kixye naq li xtib'el li xul a'in naru natiwman chi ru li rahil kutan jo' aj wi' li kar.

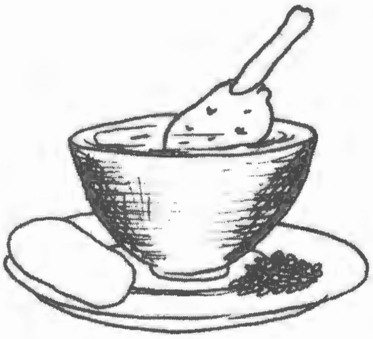
Wan aj wi' naq nasik'man li pur, li kar sa' li nima', sa' li ch'och' natawman li teken. Jun paay li teken natiwman jo' aj wi' li tuulux, li nake'k'iiliman sa' li k'il ut a'in jwal saasa li xketb'al.



Li kaq ik

Na'ajman:

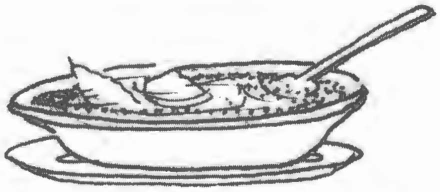
1 ak'ach
2 seb'ooy
Liiwr li kok' rax pix
8 li pix
1 li xjolom li anx
10 ru li pens
2 ru li kalawx
1 retel li kaneel
15 xxaq li isk'i'ij
15 xxaq li samat
20 xxaq li kulantr
Atz'am ut li xayaw



1. Namich'man rix li ak'ach, nach'ajman ut nasetman chi kok' raqal.
2. Nak'eeman nab'al li ha' re li xya'al, chi rix a'in ank'eeman li tib' ut li seb'ooy.
3. Naqak'ili ru li pens, li kalawx, li kaneel.
4. Nachiqman eb' li pix ut li kok' raxil pix.
5. Nake'man chi xjunil li xkok' b'anol, chi rix a'in li xayaw rik'in pix, li atz'am ut li anx. Chi xjunil a'in nak'eeman sa' li kalt, nak'eeman aj wi' li isk'i'ij, li samat ut li kulantr.
6. Naq ak xchaq'ak li tib' ak xyaalo' chik li kaq ik.

Pepian

Na'ajman:
2 liiwr li kaxlan, ak'ach malaj xtib'el wakax
1 ik guake nakexye re
Li pix
Jun mooch' li kok' raxil pix
Liiwr li paaps
1 ons li ajonjoli
1 ons li pepitoor
1 retel li kaneel
2 rix li seb'ooy
2 li wa, malaj kaxlan wa
5 xxaq li kulantr
1 ru li anx
3 ru li pens
1 ch'ima



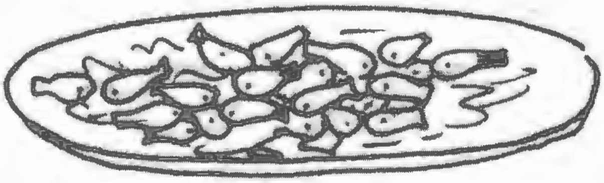
1. Tqasaab'esi ru li tib', tqaseti ut tqak'e chi chaq'ak sa' junaq li uk'al.
2. Tqach'aj ru li xxe' pim, tqamich' rix li ch'ima ut tqaseti chi kok' kok' ru. Tqaseti aj wi' li paaps.
3. Tqak'e sa' li uk'al li xxe' pim naq ak xchaq'ak chik li tib'.
4. Tqak'ili li ik, li kaneel. Jok'an aj wi' li ajonjoli, li pepitoor, chi rix a'in nak'uub'aman sa' junaq ch'ina yu.
5. Nak'iliman li wa malaj li kaxlan wa.
6. Nachiqman li pix , li kok' pix, li seb'ooy ut li kulantr, chi rix a'in nake'man chi chaab'il.
7. Naq li xxe' pim ak xchaq'ak nak'eeman chi xjunil li xyu ak yiib'anb'il ut li kaxlan wa ut tqakanab' chi chaq'ak chi ru 10 k'asal.

Li patin

Na'ajman:

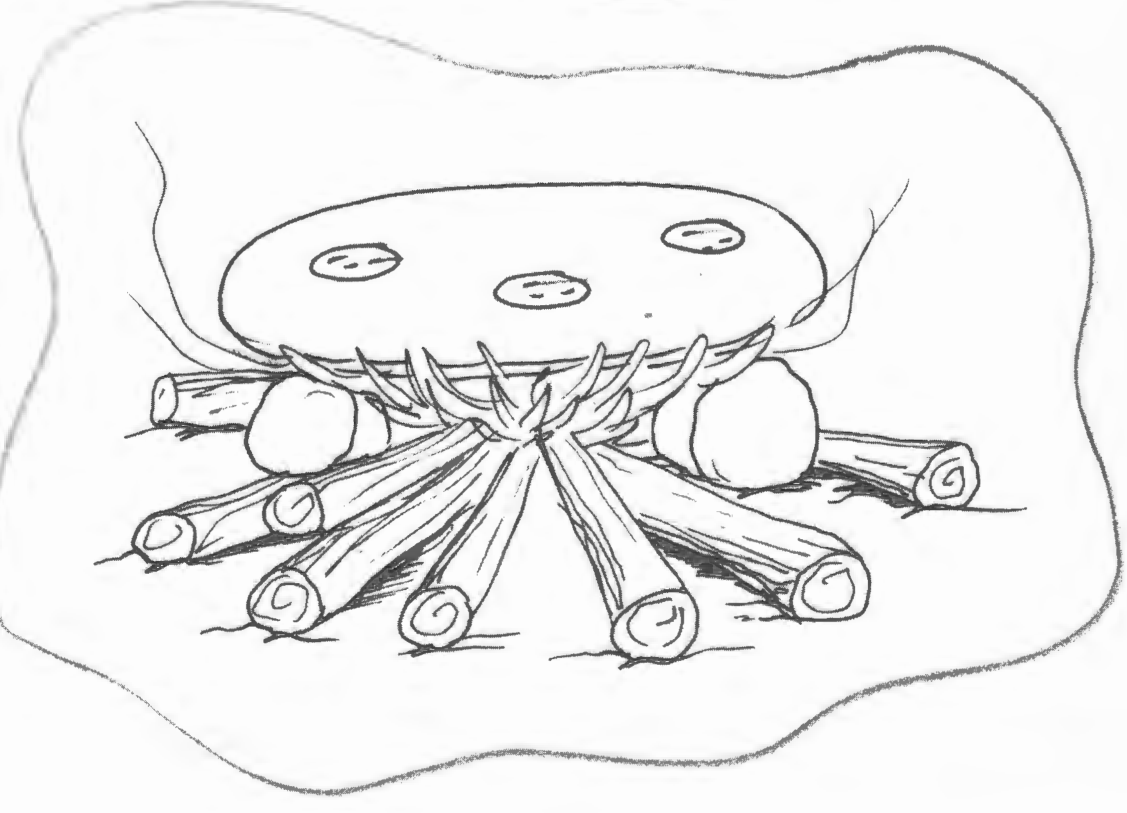
9 li ob'en
1 li seb'ooy setinb'il
Chaqi kar
Atz'am

1. Tqach'aj ru li pix ut li seb'ooy, tqachiq rik'in jun toqol sek' li ha' chi ru 6 k'asal sa' junaq li uk'al tz'apb'il re.
2. Nake'man li pix ut li seb'ooy chi rix a'in nak'eeman ha' b'ar wi' ak xchiqman.
3. Nak'eeman li kar ak chajb'il chik ru ut li ratz'amil ayaal jo'nimal na'ajman. Nakana chi chaq'ak chi ru 6 k'asal.



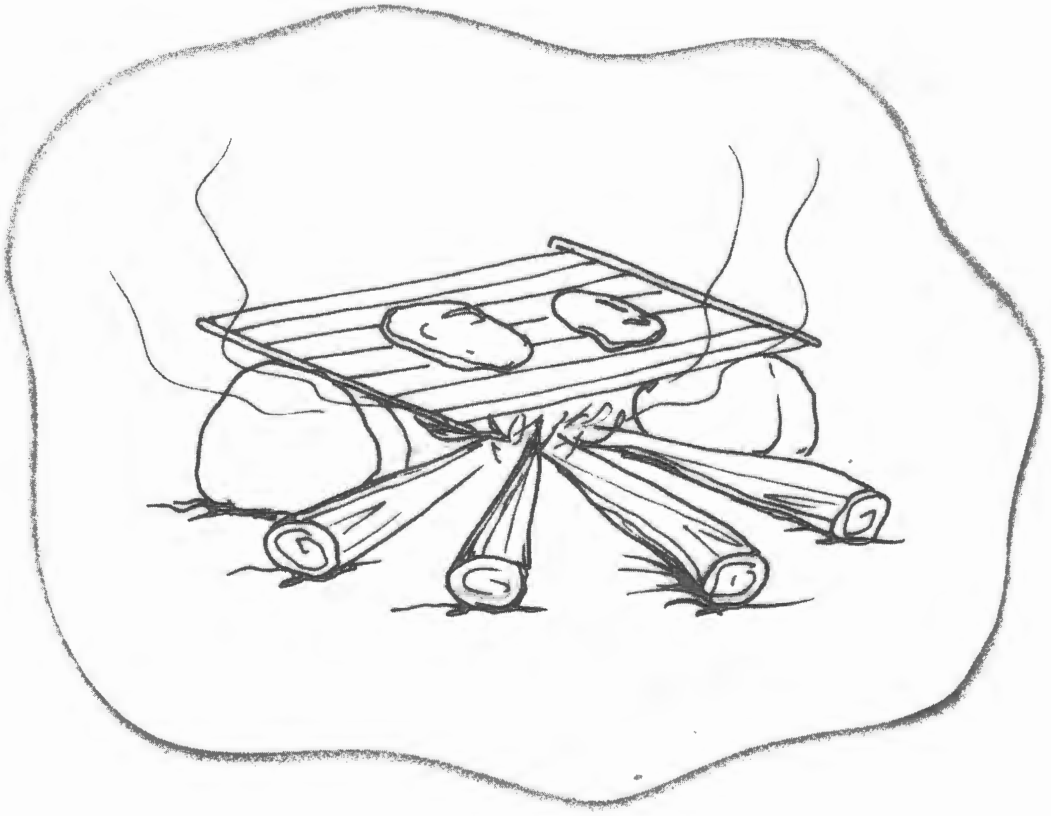
Eb' laj may wan nab'al paay ru li xchiqomeb'. Chalen chaq kutan ak xe'roksi chaq li k'il re xchiqb'al li wa malaj re xtiqwasinkil li ob'en. Naru aj wi' naq chi junwaakaj tk'eeman li uk'al sa' xb'een li xaml.

Li tib' naru naqapom yal re xketb'al malaj yal re xk'uulankil ru. Wan aj wi' naq li tib' nasib'tesiman re naq moqon chik nachiqman.



Li xxe' pim naru aj wi' nachiqman yal sa' cha. Chi kama'in nasik'man junaq li jul sa' xyi li cha naq jwal tiq ru aran nach'ikman li xxe' che' ut nakana chi chiqe'k.

Re xchiqb'al nab'al li tzakahemq li qaxe'toonil nake'xb'ek jun li jul sa' li ch'och', aran nake'xtz'ab' chaq li xaml ut ru li xaml nakana chi sa' nake'xjek ru, aran nake'xk'e li xtib'el wa' chi chaq'ak, nake'xtz'ap chi us rik'in q'een ut ch'och' ut xb'een nake'xyiib' junaq chik li xaml.



¡Ak xooyaalo' chik!

¡Chiqak'ehaq li kolb'a t'ikr, qachapaq li qak'uub'leb'aal ut okaqo chi chiqok!

Universidad Rafael Landívar

Tradición Jesuita en Guatemala